

The Ameril Philosophy.

Booklet One

Introduction and Chapter one,

Karma, Religions and Spiritual Philosophies.

By

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Awareness Means Everything Real Is Love

To Mark Andrew Burton, who left before he had to “grow up?”

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Knowledge is free to those who seek it, only *beliefs* cost.

I have written egotistical words in *italics* to show I am aware of using them, rather than thoughtlessly unaware. I have also used capital letters when talking about what my Spirit Knows and Thinks and lower case letters when discussing what my ego *believes* or thinks.

If you have any questions, please feel free to contact me.

Wishing you all a Universe full of love and happiness,

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Awareness Means Everything Real Is Love

The Ameril Philosophy

Introduction

The Ameril Philosophy is for those who want to Know the Truth, rather than *believe* what they have been told is true. The Ameril Philosophy is a Gnostic Spiritual philosophy, which is the opposite of a religion. To me, a religion is something that is based on *beliefs* and has ceremonies, commandments, dogma, doctrines, a hierarchy, laws, punishments, regulations, rules, services and worship. The more of these things it has, the more religious it is. A Gnostic Spiritual philosophy is founded on Knowledge and it only has one Principal, which is, “Karma is the Principle by which everything in the Universe remembers (or learns) to love life or evolves.” Whereas religions are based on *beliefs* and fear, Spiritual Philosophies are founded on Knowledge and Love. They are at opposite ends of the same scale?

Gnosis is the Greek word for Knowledge and this why the Ameril Philosophy is a Gnostic Spiritual Philosophy. It is a Gnostic Spiritual Philosophy because it explains the Meaning of Life in a logical, rational, reasonable and simple way, which makes sense to me. It is up to the reader to read The Ameril Philosophy, Think about it, understand it and decide for themselves if it is true. I have found that the more I have Thought about anything, the more I Know whether it is true or untrue. Although there is only one Truth, there are many different ways of explaining the Truth and this booklet is one way of explaining what I have learnt (or remembered, depending on your point of view) and how and why I Know it is true.

The first chapter in this booklet is a Karmic, religious, Spiritual explanation of The Meaning of Life. The second chapter is a collection of slightly revised articles I have had published in Network News a local magazine for the North Wales area, (See www.network-news.org) which gives details of local alternative classes, events and meetings. Although the articles are about a

number of different topics, they are all connected in some way. They also add to what has been said in the first chapter, so if something fails to make sense in chapter one, hopefully I will say something in the articles that makes things clearer.

Subsequent booklets will include chapters describing an Einstein's $E=mc^2$ explanation and a Darwin's, Dawkin's and the Generous gene and living desire explanation.

The Einstein's $E=mc^2$ explanation shows that m describes three-dimensional energy, c^2 describes the two dimensional energies of light, heat, growth, radii² of a circle, and acceleration, all of which are different aspects of Love. It then shows that c must describe the one-dimensional energy of Thought, which is the energy that created the Universe in the first place?

The Darwin's, Dawkin's and the Generous gene and living desire explanation, will show that we change our DNA by the way we think and behave. It appears that we have two strands on our DNA, one for our negative thoughtless reactions and one for our positive and Thoughtful actions and responses. Depending on how I think and behave will determine whether I allow my negative and thoughtless selfish gene to mutate and kill me. Or, whether I allow my positive and Thoughtful Generous gene to evolve and enable me to live and Love. This chapter will discuss, diet, health, medicine, genetics, energy consumption, pollution and a number of other issues concerned with loving life and evolving, or fearing death and becoming extinct.

Although the first chapter is an explanation of the Meaning of Life in itself, understanding and Knowing what the other chapters mean, gives me a better view or understanding of the bigger picture. It is a bit like this. If I were sitting at one end of a stadium at say a football match, what I would see would be different than someone at the other end or either side of the ground. However, although we all see something different, it is still the same football match. If I could watch the game from different parts of the stadium at the same time, I would have a better and deeper understanding as to what went on. So it is with a Spiritual Philosophy, the more reasons I have for

Knowing that something is true, the broader and deeper my understanding and the more I Know that it is true, regardless of what my ego or others may *believe*.

Although this first chapter is only a few thousand words long, I have found that with some Thought it unzips to explain everything! Hopefully, you will find something in this explanation of The Ameril Philosophy that makes sense to you and enlightens you in someway.

If you still have some questions all you have to do is ask. For example, I wanted to Know how many people in Britain ate five portions of fruit and vegetables everyday and how does one spell Oceania? I then Thought, “If Thought is a form of energy I want to find the answers without having to look them up, I just want them to come to me.” The following day my next-door neighbour Edna gave me a booklet about health and on page 12 it said, “Only 30% of the population of Great Britain eats 5 portions of fruit and vegetables everyday.” A day or so later I noticed a small item in the Cambridge Evening News that said, “The Pope had issued an apology to the People of Oceania...” This was about six years ago and I have only seen the word Oceania in print twice since then. As the sayings say, “Ask and you will be given,” “Knock and the doors will be opened.” So, I came to the conclusion that Thought is a form of energy? What do you Think?

“It is very easy to forgive a small child who is afraid of the dark. The real tragedy of life is men who are afraid of the Light.”
(Plato).

Wishing you a Universe full of Love and Happiness.

steve molyneux

Awareness Means Everything Real Is Love

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Wishing those mentioned above, those I have yet to mention and anyone I have forgotten, a Universe full of love and happiness.

Awareness Means Everything Real Is Love

The Ameril Philosophy

Chapter One

Karma, Religions and Spiritual Philosophies

According to the Baha'i Faith, "There is only one Truth and all or most of the major religions and *belief* systems are just different facets of this one Truth. Also, the Teachers who taught the Truth, did so in a way that was meaningful and relevant to the people and times in which they were living." To me this means that, "All the major religions and *belief* systems say the same thing, but in different ways. And, if we could figure out what they all say, but in different ways, then we would Know the Truth. If we Knew the Truth, then presumably we would also Know, The Meaning of Life, God, Creation, the Universe, and the answers to all the other questions mankind has pondered for thousands of years?" This appears to make sense to me. So, do they all say they same thing, but in different ways, and if they do, what is it?

Now, it seems to me that Karma means, "I always reap everything I sow," "What goes around comes around." It is the, "Law of Cause and Effect." As Karma is a fundamental principle of the Eastern, Spiritual philosophies of Buddhism, Confucianism and Hinduism for example, and the principle that, "I always reap everything I sow," is a fundamental principle of the Western religions of Christianity, Islam and Judaism, and "The Law of Cause and Effect," is a fundamental principle of Evolution and Physics, it appears that they all do say the same thing, but in different ways?

Then I thought, "If I always reap everything I sow," what happens? Well, if I behave in negative ways towards others, sometime in the future others will behave in negative ways towards me. When they did, I used to behave in a negative way again and start another negative cycle. Also, when people behaved in negative ways towards me, it caused me stress. Stress lowers my immune

system and makes me more likely to become diseased and ill. Let us face it, germs and diseases are around us all the time, it is only when we lower our immune system enough that we become ill. Stress is the cause of all my pain, suffering, diseases, illnesses and eventual death. The more stressed I am, the more ill I become, until eventually I become so ill, I die?”

Then I Thought, “If I stop behaving in negative ways towards others, sometime in the future others will stop behaving in negative ways towards me? This will stop all my stress; pain, suffering, diseases, illnesses and I will survive.

However, if I behave in positive ways towards others, it makes me feel good? Also, sometime in the future others will behave in positive ways towards me, and I will naturally behave in a positive way and start another positive cycle? When others behave in positive ways towards me, it makes me happy. The happier I am, the more I raise my immune system, which enables me to ward off diseases and illnesses. The happier I am, the healthier I am, and the longer I will live?”

I then thought, “If I were to spend a little more time everyday being a little bit happier, eventually I will be extremely happy all of the time? If I were extremely happy all of the time, it would be like living in Heaven, here on Earth? Therefore, if I can create Heaven on Earth, just by stopping myself from thinking and behaving in negative ways, and Thinking and behaving in positive ways instead, so I become happier, healthier and live, then surely this gives me, Some Meaning to my Life?” Also, “If I can live in Heaven here on Earth, then Heaven must be a state of mind, rather than a place?” (So, what state of mind is the most Heavenly for you?)

Because I always reap everything I sow, then what is happening to me now, I must have created by my thoughtless and Thoughtful thoughts and behaviour in the past. It also means that what I think, do and say now, will determine what happens to me in the future. This means I create my own future by how I Think and behave now. I found this truth awesome and it took me a while to get my head around it!

However, Knowing that this is true is one thing, remembering it all the time, is something else! But this is one of the reasons why I am here, so I can learn or remember to “Naturally” act and respond with love, rather than “naturally” react to fear.

It is worth Knowing that if I change my behaviour now, others may continue to behave towards me in the same old way for some time. This is because I am reaping what I had sown earlier, the new seeds are yet to produce their fruit. I just had to keep faith in what I Knew to be true and things would change, which they did and do.

I then thought it would be really useful to Know how I think and behave in negative ways, so I can stop killing myself, and how I Think and behave in positive ways, so I can start to get better and live, and I thought about it this way.

In Reality we can only think and behave in either of two ways, negatively, or we can stop ourselves being negative, (which is positive) or positively? For example, if someone criticised me, I could react and behave negatively by criticising or hitting them? However, I could also stop myself from behaving in a negative way, or I could behave positively by doing the opposite and praising them or giving them a hug? Obviously, because, "I always reap everything I sow," then what I do now is what will happen to me in the future?

Some people seem to *believe* that if for example, I were to steal from someone and then get reported to the police and prosecuted, that I would be receiving my Karma. This is untrue. If I were to steal from someone, then sometime in the future, someone would steal from me. The person who reported me to the police and those involved in prosecuting and punishing me would have something similar happen to them. Remember, some seeds produce a harvest in a short time, others take years and others may take more than one lifetime to produce its fruit. For example, if I as an adult were to smack a child, I would have to wait until I was a child again, before I could reap my harvest and have something similar happen to me?

As I can only think and behave in one of two ways I split my personality into two. I call my thoughtless, reactive, negative side, "my ego, my lower self, my subconscious mind, the loud voice

within, my chemical self, my selfish gene, or my survival instinct," depending on the context in which I am talking. I call my Thoughtful, active and responsive side, "My Spirit, my Higher Self, my conscious mind, the little voice within, my enlightened self, my generous gene, or my living desire," again depending on the context of the conversation

So, how do I know if my ego or My Spirit is controlling my mind? Well, starting from the most benign or least harmful negative behaviour to the most destructive, my ego is controlling my mind when; I interrupt people before they have finished speaking, when I lie, cheat, moan, sulk, criticise, use threats, punishment, violence or sex, to get what I want, to get my own way, or to get my own back? Of course, if I behave in these ways, then sometime in future others will behave in similar ways towards me and I will become stressed ill and die. My ego uses these negative behaviours to take love from others. In other words, my ego makes itself feel better, by making other people feel worse. The other person's ego may then take love from a third person, who may take love from a fourth person and so this negative cycle will continue until someone Thoughtfully stops it.

However, My Spirit controls my mind when I behave in the opposite way, when I listen to people without interrupting, when I am honest, fair, fun to be with, when I apologise and make up, when I praise, when I am friendly, when I use reward, affection or make love, to get what I want or to get my own way? This means that sometime in the future someone will behave in a similar way towards me, which will make me happier, healthier and enable me to Live? Of course, depending on how I behave now will determine how someone will behave towards me in the future? So, it makes sense to, "Do to others what I want them to do to me?" To, "Love everyone as I love myself," and to, "Turn the other cheek?"

My Spirit uses these positive behaviours to give love to others. In other words my Spirit makes itself feel better by making other people feel better. The other persons Spirit may then give love to a third person, who may pass it on to a fourth person and so this positive cycle will continue until someone thoughtlessly reacts to it.

I Know my ego is controlling my mind when I say, "No," I mean, *No* is about as negative as I can be?

My ego is controlling my mind when I say, "*Not, never, neither, nor, nothing, none, no one, nobody, nowhere* and any word beginning with *non*, such as *non-physical* and any word ending in *n't*, such as *wouldn't, won't, can't, couldn't*. My ego uses the word 'not,' which is short for, 'No time to think,' because it is thoughtless and it can only react? For example, if I say, "I *don't* mean this..." what my ego is saying is, "I do 'no time to think' mean this and I want you to figure out what I do mean and if you get it wrong, you could be in big trouble?" How do I know that, 'not' is short for, 'No time to think?' It is quite easy really. To speak or write without using the *not* words means I have to Think about what I do mean? I have to Think about what I, would, will, could, or can do and it takes me longer to speak or write, because I have to Think about it first, (try it for yourself).

For example, my ego may say that the Golden Rule is, "Don't do to others what you wouldn't want them to do you." As there are two negatives in this sentence (*don't* and *wouldn't*) then this makes the meaning of the sentence positive and I can remove the two *nots*. Then I get, "Do to others what you would want them to do to you," which is what my Spirit would probably say. So, which is the most precise, thoughtful and easy sentence to understand. The one which tells me what to do, or the one which tells me what *not* to do?" It seems to make sense that the word 'not,' is short for, 'No time to think'?

There is another problem with using the word 'not' and it is this. "God, the Universe or the Thing that sends me back my Karma, is totally loving and positive and seems unable to understand the word, 'No.'" So, I get what I *didn't* want, I end up doing the things I said I would *not*, or would *never* do? Also, when I get what I *didn't* want, or find myself doing the things I said I would *never* do, it causes me stress? Stress lowers my immune system and is a cause of all my pain, suffering, diseases, illnesses and eventual death. So, it makes sense to be Thoughtful?

If I were to worry about someone or something, usually what I am doing is asking or praying for something bad *not* to happen, (Who ever prays for something good *not* to happen?) and it becomes a self-fulfilling prophecy and I get what I *didn't* want.

My ego controls my mind when I use the word, '*should*', '*should*' causes guilt and who wants or needs to feel guilty? I control my mind when I only offer my opinion when asked? As Louise Hay says in her book, *You Can Heal Your Life*, "If your God, guru or teacher tells you what you *should* or *shouldn't* do, find yourself another God, guru or teacher."

If I offer my advice, what usually happens is, I tell others what they *should* or *shouldn't* do. When I offer my opinion, I tell them what I would do if I were in their situation and the reasons why I would do what I suggest, based on the principle that I always reap everything I sow.

Louise also says that, "It is the way we think and behave that is the cause of all our diseases and illnesses." Obviously, our positive Thoughts and behaviour determine our health and happiness. Our negative thoughts and behaviours will determine which diseases or illnesses we will suffer, this agrees with what I said earlier

My ego uses the word '*believe*'. If something is illogical, and / or irrational, and / or unreasonable, and / or complicated and / or fails to make sense, but I still think that it is true, then I '*believe*' that it is true? If something is logical, rational, reasonable, simple, and it makes sense, then I Know it is true? An opposite of, "to Know," is, "to *believe*," the other opposite is, "to be ignorant?" Knowledge is better than *beliefs*. *Beliefs* are someone else's thinking, Knowledge is my own Thinking. Only fools *believe*, intelligent people Know. So, be careful what you say, or you could be telling others how ignorant, stupid and thoughtless you are.

The Australian Aborigines have a saying, "The more I Know the less I need." Therefore, the more I need, the less I Know and the more ignorant I am. So, the wealthiest people and those striving or wishing they were wealthy are the most ignorant. It is our ego that needs material wealth to make itself feel happy and secure. Our

Spirit is the opposite, it wants Spiritual wealth to be happy and secure and this is why all the great teachers have always said that God or the Universe will provide us with what we need and deserve.

Have you ever noticed how often people start their sentences with, "I *don't believe*," or, "I *don't know*," or, "I *don't think*," and then proceed to tell you what they *don't believe*, know or think, in other words, how ignorant they are and how proud they are of being that ignorant? Often, those in authority start their sentences in one of these ways to avoid answering direct questions. Since I have stopped behaving in this way, I have found I have less to say, and far more time to listen and perhaps learn something new!

My ego is controlling my mind when I use the word, "you," instead of, "me". For example, if I were asked, "How do you meditate steve?" My ego may reply, "What *you* do is you put on some chill out music, *you* sit or *you* lie somewhere comfortable...?" Were as, if My Spirit were controlling my mind I may say, "What I do is, I put on some chill out music and I sit or I lie somewhere comfortable..."

My ego controls my mind when I say, "*like*," instead of, "love." For example, "I *like* you," rather than, "I love you?"

My ego is lazy and thoughtless and uses abbreviations, *e.g.* for example?

My ego prefers cooked foods to natural raw foods? "Why?" Because, the more burnt the offering, the more free radicals the food contains, which is what my ego needs to survive and mutate?

My ego prefers manmade medicinal and recreational drugs including alcohol, to natural herbal remedies and recreational drugs, because they also help my ego to survive and mutate. My ego wants a magic bullet that will make me better without me changing my behaviour. My Spirit uses harmless natural remedies to take away the symptoms whilst I change my behaviour so I get better. The more manmade chemicals in my food drink and drugs the more I feed my ego and the more negative my thoughts and behaviour. The more natural my food, drink and drugs, the more I feed my Spirit and the more positive my Thoughts and behaviour.

My ego bases its present thoughts and behaviour on its past experiences, were as My Spirit Thinks about what I want to happen in the future so, I can behave that way, now?

My ego blames others or circumstances for what has happened to it, were as My Spirit Knows, "I can only ever be reaping what I have sown in the past, and therefore, I am responsible for what is happening? I either did something similar in the past, or I Thought or said I wanted it to happen, or I *didn't* want it to happen?"

Because, "I always reap everything I sow," then, "Regardless of whether someone says or does something positive or negative to me, I can ONLY ever be reaping what I have sown in the past and they are sowing what they will reap in the future, so where is the sin, where is the crime, what is there to forgive, what is there to feel guilty about?" Jesus Knew all this, and it is why he said that, when he died he would take away all the sins in the world. Jesus already Knew that sin was unable to exist and that the high priests promoted this idea so they could rule the Hebrews and make themselves rich and powerful. This enabled the high priests to make their own version of Heaven on Earth, at the Hebrews (our) expense.

Another definition of Karma is, "An eye for an eye, a tooth for a tooth". This means, "If I take an eye I will lose an eye and if I take a tooth I will lose a tooth." However, the high priests said it meant, "If you take my eye I can take your eye, (plus an extra 20% to teach you a lesson, in compensation, to pay my legal bill). And, if you take my tooth I am entitled to take your tooth, (plus an extra 20% to teach you a lesson, in compensation, to pay my legal bill) and that is the end of the matter, which is untrue. If I take your eye and an extra 20%, then sometime in the future someone will take my eye, plus my 20% and then they will add on another 20%, and so it will continue until I stop behaving in negative ways or run out of eyes. As Martin Luther King said, "An eye for an eye means the whole world will become blind."

Because the world is without sin, then I am unable to commit a crime, judge or be judged. I am unable to be good or bad, right or wrong, I am unable to forgive or be forgiven, I am without any need

to feel guilty, or to punish or be punished, I would be insane to also *believe* in the Ten Commandments and Law and Order? It is funny how those who teach us to *believe* that we are sinful, are the ones who seem to benefit from us *believing* these untruths, and it enables them through their laws to acquire immense wealth and power?

My ego says, “What! We *can't* live without law and order. If we lived without law and order, other people would steal, murder, rape and take advantage of the poor, weak and defenceless” But surely that is what is already happening with all our laws and punishments? Because I Know that I always reap everything I sow, then I Know that I am unable to EVER get away with anything, regardless of how minor, mundane, major, horrendous or brilliant. So, why would I want to go and steal, murder, rape or take advantage of the poor, weak and defenceless? I would be insane?

According to the “heretical” Gospel of Judas,” Jesus says that YHWH or Yahweh is a lower god of the underworld, a god of evil and chaos. Jesus also said the twelve apostles would lead people astray because the apostles *believe* that Yahweh is the real god, were as the God of Jesus is a higher being of pure love. To me, Jesus is saying that Yahweh is the devil and those who worship this god are unwittingly worshipping the devil? Also, those who obey his commandments and laws and who judge themselves and others, and punish them accordingly, are obeying and enforcing the wishes of the devil. They have been lead astray because they are obviously unaware that sometime in the future they will reap what they have sown, which will cause them stress? Because I always reap everything I sow, then there is “Natural Justice.”

If Jesus taught that the god of the Old Testament is evil, how did the Old Testament become part of the Catholic / Christian bible? This probably happened because in 70 A.D. the Romans destroyed the temple in Jerusalem and the high priests lost their power base and wealth. So they decided to create a new religion by appointing themselves as bishops and dictating which scriptures and texts were true and to be included in the bible.

Once they had converted the Roman Emperor Constantine to their form of Christianity, they declared all other texts to be heretical and demanded their destruction. They also exiled, executed and persecuted the heretical Gnostics out of existence (the word “heretic” is the Greek for Truth seeker). This is probably why the Gnostic Gospels were hidden at Nag Hammadi in Egypt around 350 A.D. to avoid destruction. Obviously, exiling, executing and persecuting people because of their *beliefs* and Knowledge are completely different from the teachings of Jesus. But, they do fit perfectly with the teachings of the Old Testament?

It seems to me that, rather than Christianity being an evolution of Buddhism, it became a mutation of Judaism? Buddha said, “All our actions have consequences and our present circumstances are a result of our past actions, responses and reactions.” Buddha also said, “I am what I Think I am having become what I had Thought.” In other words, Buddha is saying that our past thoughts have determined who we are today. In these two sentences Buddha has described the link between the past and the present.

Buddha explained that what we do now determines our future with the Noble 8 Fold Path.

1) Right understanding, that is, a proper understanding of his teaching.

2) Right intention, Thinking kind or positive Thoughts.

3) Right speech, telling the Truth, speaking honestly and compassionately about others.

4) Right action, behaving positively.

5) Right livelihood, for example avoid raising and killing animals for a living.

6) Right effort, using self-discipline and control to overcome difficulties.

7) Right mindfulness, being fully aware as to what is going on around us.

8) Right concentration, to be at peace at anytime.

By following these teachings, Buddha said we would obtain Enlightenment and escape from the cycle of rebirth and death and

we would then live forever in our True Spiritual state. Why? Because how I Think and behave now determines my future.

Jesus (Who according to the Gospel of the Twelve Apostles had probably studied Buddhism and Hinduism, see www.thenazareneway.com) also Knew that, because the past has brought us to the present, then the present must bring about our future. In other words what I do now, will determine what will happen to me in the future. This is why Jesus said, “Love everyone as you love yourself,” and, “Do to others what you want them to do to you.” In other words, Jesus was saying the same as Buddha, but in a different way.

One difference between Buddhism and most of the other religions and Spiritual Philosophies and the teachings of Jesus is that women are equal to men. According to the Gospel of the Twelve Apostles, Jesus married a girl called Miriam when he was 18 years old and she died seven years later. When he had finished studying the law, Jesus then went to Egypt and into the desert. There he learnt the language of the birds and the beasts, the healing powers of the trees, herbs and flowers, the hidden secrets of precious stones, the motions of the sun, moon and the stars, the powers of letters, and the mysteries of the square and the circle, the transmutation of things, forms numbers and signs. He then went home and taught there and in Jerusalem as an accepted Rabbi.

After a time He then went to Assyria, India, Persia and the land of the Chaldeans, where He conversed with the priests in their temples, (Presumably including Buddhists, Hindus and Zoroastrians). He then returned home and continued His teaching. During this time His constant companions were Mary his mother, Mary his aunt (the mother of John the Baptist) and Mary Magdalene. According to the Gospel of Philip, Jesus loved Mary Magdalene more than any of the other disciples and often kissed her on the mouth. The Gospel of Mary Magdalene suggests that she probably understood the teaching of Jesus better than any of the other disciples and that their relationship was more than platonic. Jesus

also said that it was only since the Mosaic Law that women had been hidden away.

This would mean that, although Jesus probably went through a period of chastity whilst becoming Enlightened, once he had become Enlightened he considered that having an equal, loving physical relationship would also lead to creating Heaven on Earth.

Jesus taught that men and women are equal. He taught that we are all equal, young and old, rich and poor, the ignorant and the Knowledgeable. This is why Jesus said, “Love everyone as you love yourself,” By everyone, He meant everyone. Have you ever tried treating children and teenagers in the same way as you treat your best friends? It is our ego that treats people differently our Spirit behaves in the same way towards everyone. Religions and other *belief* systems tell us that those at the top are better, more holy and more knowledgeable than the rest of us and that we had better do as we are told by them, because they know what is best for us?

Jesus also said that Yahweh had given us ten laws, but because Moses thought the people were so ignorant and unable to understand them, Moses gave the people ten times ten laws. However, the Pharisee’s and the Sadducee’s have given us ten times ten times ten laws, which put intolerable burdens on us all but from which they themselves were exempt. (In other words, “One law for the rich and another for the poor.”)

It seems to me that instead of the Catholic Church inflicting the *beliefs* of the Old Testament onto us today, it is the government and the judicial system? In this day and age, surely the government ought to be carrying out the wishes of the people, rather than telling us what we have to do, and what punishments will be inflicted on us if we fail to do as we are told, from the cradle to the grave.

We are lead to *believe* that the more laws there are, the more freedom we have. However, this is totally untrue. The more laws there are, the more crimes we can commit and be punished for and the more money there is to be made by those in authority. Laws are walls to our freedom? Laws are made for the benefit of the elite to enable them to keep their riches and power (or prevent them from

receiving their Karma) and to enable them to become richer and more powerful at our expense.

As far as I am concerned, the first five books of the Old Testament (The Torah) is a story made up by Moses and possibly his family and associates, to frighten the Hebrews into doing what Moses wanted and to make him extremely rich and powerful, so Moses and his family could make their version of Heaven on Earth at their / our expense.

To me, the Old Testament is a very clever and highly effective story on how to control billions of people through fear of criticism, death, execution, exile, intimidation, persecution, punishment, threats and violence, and how through diet to keep them in this thoughtless and fearful state.

Man is the only organism that cooks its food and adds salt to it. Cooked food and salt cause people to be in a fearful, gullible, reactive, subservient and thoughtless state so they will do as they are told, without question!

When food is cooked it destroys the enzymes and the food undergoes a chemical reaction that produces carcinogenic chemicals. Because the food is dead and unnatural it is without the enzymes to break it down and so we need the chloride in salt to produce the hydrochloric acid to digest the dead food.

The chloride ion is the main negative ion in the fluid surrounding our brain cells. When this extremely negative ion enters our negative brain cells it causes a potential difference between the inside of the cell and the outside. To reduce this potential difference the cells release electrons, (the negative part of an atom) to a waiting neurotransmitter, which takes the negative thoughtless reactive message to another cell. This is how our negative messages, reactions and thoughts are transported around our brain and body. As well as being added to water, chlorine is present in all manmade drugs that affect our thoughts and behaviour. To make the drug more potent, the chloride ion, the second most electronegative substance known to man is replaced by fluoride, the most electronegative, reactive and carcinogenic substance known to man.

When we Think positive and loving Thoughts we produce light. Our level of evolution can be determined by the fact that only between one and ten percent of our brain cells are stained by silver nitrate. Silver nitrate is the light sensitive chemical used for staining photographs. Presumably, these stained cells have been exposed to light and the others kept in the dark?

In The Essene Gospel of Peace book 4, Jesus said that cooked food caused all our diseases, illnesses and eventual death. He taught that the best foods for us were locally grown fresh or sun dried fruits, seeds, sprouted grains, nuts, honey and during certain months, unpasteurised milk from animals considered good to eat. He said that exotic foods from abroad, cooked and frozen foods were toxic and likened them to a farmer who planted his crops using cooked, frozen or fresh seeds. Which would produce the best harvest? He said that God would provide us with the right foods for us to eat wherever we are, though in North Wales it is difficult to find anything grown locally, apart from sheep. So, if I have a choice, I buy what I Think is best from the nearest source.

One way I look at diet is this, “If I were living in Heaven here on Earth and I needed to eat, what would I eat? Would I kill something to eat it? I doubt it.” So, this would exclude, meat, fish, shellfish, root vegetables and whole plants such as lettuce and cabbage, from my diet. The only foods left for me to eat are those, which Jesus suggested we eat. If these are the foods I would eat if I were living in Heaven here on Earth, then if I were to eat them now, then they may enable me to evolve and become more Thoughtful, happier and healthier more quickly?

In their book Raw Energy, Leslie and Susannah Kenton, as well as citing a number of experiments and studies that show and explain why a 75% or more raw food diet is good for us, also almost apologetically, said that it made them feel more spiritual. They also added that the American physician Dr. John Douglas reported that a significant number of patients after a few weeks on a raw food diet felt, “decimised to Western life,” in that they found habits such as alcohol and cigarettes distasteful, suggesting that the diet makes the

body more sensitive to what it is exposed to. Be aware that to go from a 100% cooked food diet to a 100% raw food diet very quickly could cause a sudden release of accumulated toxins and make you feel very ill. So, you may find it better to evolve your diet by adding add more raw food over a longer period of time.

Although I Think the Old Testament is a story made up by Moses, I do Know there is a God of unconditional love, the opposite of Yahweh. The God I Know is a being of unconditional love, who created the Universe and gave us free will to do whatever we want without fear of punishment, because She Knows that we reward and “punish” ourselves by the way we think and behave. She Knows that sooner or later we will learn it is better to give and receive love, than take love and lose it. Because the God I Know is the opposite of the god of the Old Testament, I call Her, “She,” so you Know which God I am talking about.

Bearing in mind the situation in the Middle East and the fact that Christians, Jews and Muslims all *believe* in the same god, it is easy to see how he is the devil? This is the god that tells people to kill all the bad people to make the world a better place. But surely those who kill bad people must be bad people themselves?

A purpose of religions is to give control, power and wealth to the elite, by forcing people through fear to *believe* and to do as those in authority have told them. Allegedly, those in power know what is best for us and they tell us what to do for our own benefit, or is it theirs? A Spiritual Philosophy gives control, power and wealth of Knowledge to the people, so they can decide what is true for them as individuals and it allows them to follow their own path.

Religions tell us we are detached, separated and too unworthy to speak to their god and that only the elite are worthy enough. The elite then tell us what their god has told them to tell us to do. It seems to me that this idea could be open to abuse by the elite? The Truth is, we are all part of God, we are Gods children and we can talk to God at any time anywhere. We are all part of the body of God and as we remember who we are, that is exactly what we are doing. We are re-mem-bering ourselves to the body of God. Religions tell us

that God sits in Heaven and judges us and decides who goes to Heaven and who goes to hell. This is also untrue, we create our own Heaven or hell depending on how we think and behave because we always reap everything we sow.

To me, the god of the Old Testament is a god of laws, money and wars. He is the god of inequality, greed, capitalism and monoculture. He is the god of the selfish gene and survival instinct. He is the patriarchal alpha male god of guilt, ignorance, judgement, punishment and sin. He is the egotistical god of conditional love and fear. He is the god of anger, chaos and evil, in other words, the devil. To me, the god of the Old Testament is a god made in the image and likeness of man's ego, probably that of Moses? Therefore as far as I am concerned, this god is unable to exist, he is just a figment of Moses imagination.

The God I Know is the opposite. She is the God of equality, generosity, sharing and diversity. She is the God of the generous gene and living desire. She is the matriarchal equalitarian female God of innocence, Knowledge, tolerance, reward and sinless ness. She is the Spiritual God of unconditional Love. She is the God of tranquillity, order and living, in other words, the Real God.

It seems to me that my Spirit is like an actor and when I have finished the film or play, I go home and read the scripts sent to me and I decide who I want to be in the next life. The scripts will be based on what I have sown in previous lives. If I have caused the deaths of tens, hundreds, thousands or millions of people, then presumably I will have to live tens, hundreds, thousands or million's of lives were I am killed, so I can balance my Karma and reap what I have sown. I guess this is why Jesus said, "The last will be first and the first will be last.

In Reality, the world is without any laws, laws are man made and can be changed, revised or very rarely, repealed. However, the world and the Universe has only one Principle and this remains the same regardless of what man thinks or *believes* and it is this, "Karma is the Principle by which everything in the Universe remembers or learns to love life or evolves." "Love life" and "evolve" mean the

same thing. If I reverse “evolve” I get “ev love” which is short for, “eve love.” As well as Eve being the first woman, wife and mother, Eve also means Life hence, “evolve” means, “love life”?

So why do I Think that this article is true? Well, the word “Know” is short for Karma-now, and KARMA stands for Knowledge And Reason Means Awareness. So, “When I am aware of the consequences of my Thoughts words and actions as I make them, then I am aware of my Karma-now. I Know what will happen in the future, I am just unaware of when. This is Real Knowledge, which is different from ”knowing” that the capital of France is F?”

Darwin’s Theory of Evolution states, “Any organism that behaves in ways that are beneficial to its survival will evolve. Any organism that fails to change its behaviour in changing circumstances, or that behaves in ways that are detrimental to its survival will become extinct.” As man is an organism, Darwin’s theory seems to fit with what I said earlier. With regard to man’s evolution Darwin said, “...along with man’s sociability, his evolving intelligence is bound to lead him to the Golden Rule, ‘Do to others what you want them to do to you,’ and this lies at the foundation of our morality.”

It appears that Evolution is far more Spiritual than any Old Testament based religion?

It seems to me that if I take into account all the thoughtless ways in which our ego thinks and behaves, that our ego accounts for about 90% of our thoughts and behaviour. Bearing in mind that scientists say that about 90% of our DNA is unused and they are unaware of the uses of about 90% of our brain cells, then it suggests that we are only 10% evolved? It also suggests that about 90% of what we have been told true, is actually a *belief* and therefore untrue? Realising that almost everything I had been told was untrue and that usually the opposite was true was at times very difficult to deal with. If 90% of what I have been told is true is untrue, the question is, “Which 90%?” The only way I can find that out is to Think it through myself.

The idea we are only 10% evolved would also suggest that when we are at our happiest and healthiest, we are only at 10% of our true potential? If this is the case, then we have the potential to be at least ten times happier and healthier than we ever have felt before, all of the time! What would it be like to be that happy and how could I get to that state?

Well, it would seem that if I stop feeding my ego with the pollution from the energy I use along with the manmade foods, drinks and drugs I have consumed, then I will reduce the number of negative thoughts that I have, and my behaviour will improve and I will get better. If I also reduce the amount of pollution I make by reducing the amount of energy I use and I increase the amount of natural raw foods, drinks and drugs I use, then I will also increase the number of positive Thoughts that I have and I will get better at a faster rate?

The more often I stop myself from thinking or saying, “I *don't* want,” or, “I would *never* do,” the more Thoughtful I become and the less negative stuff I will reap in the future. If I then Think about what I do want or would do, then the more often that is what will happen? If I become aware that I am behaving in a negative way (moaning for example) and I stop myself and become fun to be with, the more often others will do the same to me?

The more often I Think, act and respond in positive ways, the more often others will behave in the same way towards me and I will get better at an even faster rate? Eventually, I will be extremely happy all of the time and living in Heaven here on Earth?

Remember, how others behave towards me is a reflection or mirror of how I have thought and behaved in the past. How people behave towards others, is a reflection of how those people have thought and behaved in the past. This is different from *believing* that how someone behaves towards me, is a result of how others have thought and behaved. It is as though we each have a plot of land and whatever is growing in it we planted. We are unable to blame anyone or anything else for what is growing in it, only ourselves. As Jesus said, “The Kingdom of Heaven lies within you.”

If someone is behaving in a negative way towards me, they are just delivering to me my Karma. To then think they are bad or wrong is stupid because it will only cause ME stress. In Reality, to forgive someone means I think they did do something wrong, but how can they? However, having said that, using forgiveness as a stepping stone to pacify my ego so I stop myself from reacting and to give my Spirit the time to Think and behave differently could be very useful. If I can then come to understand that I caused the problem in the first place and change the way I Think and behave would also be very useful. But to stop my evolution at the stage of being forgiving may cause me to deceive myself and cause me stress.

Also, if others are behaving in a negative way towards me, they must be unhappy. If they were happy, they would behave in a different way? So, what is the point in making them more upset? What do I want to happen in the future, more of the same old stressful behaviours or something different?

So, do you like most people in the western world still *believe* that the following statement explains the meaning of life? “We were created to go to school to learn to do as we are told by those in authority without question (discipline). To *believe* and learn the lies that those in authority want us to *believe* and learn so we become, frightened, gullible and obedient consumers, producers and savers and to work until we can afford to retire or drop dead, which ever comes soonest.” Those in authority want us to drop dead so they can keep our pensions. How do I Know that this is what most people *believe*? Because this is what they do and it is what they insist that their children and everyone else does. If they Knew we were created to do something different, then surely, they would do something different?

We thought that technology would mean more people would work fewer hours for the same or more money, but what has happened? More people work more hours for about the same money or less and a few people make lots of money. The poor are limited to pay rises of a few percent, as are the rich, however the rich then pay themselves millions of pounds or dollars in bonus's in other words,

one law for the poor and one for the rich? The rich continue to get richer and the poor, poorer, all thanks to the *beliefs* of the Old Testament.

Alternatively, you could Know that we are here to create Heaven on Earth. What do you Think? Often people say to me, “Yes, I think you are right, but this would only work if everyone thought and behaved in the same way. Although this may appear to be true, it is untrue. It is up to me to change the way I think and behave. If I take the beam out of my eye, the splinters in other peoples’ eyes also disappear. This is because their behaviour towards me is a reflection of how I have thought and behaved in the past, rather than a fault in their behaviour. In Reality, the only way I can get others to change the way they behave, is for me to change the way I Think and behave, in other words, “Lead by example.” All the happiness and evil that I see in my world or Universe, I created. If I created it, I can also uncreate it?

Remember, it is up to you the reader to Think about what you have read and to decide for yourself what is true and what fails to make sense. If you disagree with something I have said, leave it and take and use the ideas that do make sense to you. Also, if I have said something that has made you upset in any way, that the only part of you that can get upset is your ego. Do you want to feed your ego and die, or feed your Spirit and live? Which do you prefer and what makes the most sense to you?

Wishing you all a Universe full of love and happiness,

steve molyneux

Awareness Means Everything Real Is Love

The Ameril Philosophy

Chapter 2

Articles Published In Network News

Awareness Means Everything Real Is Love

Articles

- 1) Enlightenment and Karma
- 2) Negative Thoughts and Behaviour.
- 3) One Way to Create Heaven on Earth.
- 4) I Used to *Believe*.
- 5) Energy Saving and Renewable Energy Sources.
- 6) Conditional and Unconditional Love.
- 7) Free Radicals and Behaviour.
- 8) An Easter Message.
- 9) Gnostics and Gnosticism.
- 10) A Christmas Message.

Awareness Means Everything Real Is Love

The Ameril Philosophy

Enlightenment and Karma?

For me, enlightenment is Knowing that Karma means, "I always reap everything I sow," "What goes around, comes around," and it is, "The law of cause and effect?" This means that, The American Indian Philosophy, Astrology, The Baha'i Faith, Buddhism, Christianity, Confucianism, Evolution, Hinduism, Islam, Jainism, Judaism, Magic, New Ageism, Physics, Sikhism, Spiritualism, Tarot, Theosophy and Zoroasterism, all say the same "thing", but in different ways? Essentially they say that, "Karma is the Principle by which everything in the Universe learns to love life or evolve?" "Evolve", means, "love life"?

For me, enlightenment is Knowing that because, "I always reap everything I sow," then if I behave in bad ways towards others, sometime in the future others will behave in bad ways towards me. When they do, I am likely to behave in a bad way again and start another bad cycle. Also, when people behave in bad ways towards me it causes me stress. Stress lowers my immune system and is the cause of all my pain, suffering, diseases, illnesses and eventual death. The more stressed I become, the more ill I become, until eventually I am so ill, I die?"

For me, enlightenment is Knowing that, "If I stop behaving in bad ways towards others, sometime in the future others will stop behaving in bad ways towards me? This will stop all my stress; pain, suffering, diseases, illnesses and I will survive?"

For me, enlightenment is Knowing that, "If I behave in good ways towards others, it makes me feel good? Also, sometime in the future others will behave in good ways towards me and I will naturally behave in a good way and start another good cycle? When others behave in good ways towards me, it makes me happy. The happier I am, the Healthier I am and the longer I will live?"

For me, enlightenment is Knowing that, “If I spend a little more time everyday being a bit happier, eventually I will be happy all of the time? If I were happy all of the time, it would be like living in Heaven, here on Earth?”

For me, enlightenment is Knowing that, I can create Heaven on Earth, just by stopping myself from behaving in bad ways and killing myself, and behaving in good ways instead so I become happier, healthier and live?

For me, enlightenment is Knowing that, “If I can live in Heaven here on Earth, then Heaven must be a state of mind, rather than a place?”

For me, enlightenment is Knowing that, “Because I always reap everything I sow, then, "Regardless of whether someone does or says something good or bad to me, I am Only Ever reaping what I have sown in the past, and they are sowing what they will reap in the future?" So, where is the sin? What is there to forgive? What is there to feel guilty about? If I punish others for behaving in a bad way towards me or anyone else, then sometime in the future I will be punished, and I will become stressed, ill and die?

For me, enlightenment is Knowing that, “Because I always reap everything I sow,” then it makes sense;

- a) "To do to others what I want them to do to me?" (Jesus).
- b) "To love everyone as I love myself?" (Jesus).
- c) "To turn the other cheek?"(Jesus).
- d) "To be Hospitable to Strangers?" (Muhammad).
- e) "To serve God by assisting our fellow beings?" (Gobind Singh).
- f) To, "Be careful when speaking. We create the world around us with our words?" (From the Navajo).

g) That, "Everything is a circle. We are each responsible for our actions. It will come back?" (Betty Laverduke, Ojibway)

h) That, "All our actions have consequences; therefore our present lives are a consequence of our past actions?" (Siddhartha Guatama, The Buddha).

i) That, "I am who I think I am, having become what I have thought?" (Siddhartha Guatama, The Buddha).

j) That, "For every action, there is an equal and opposite reaction?" (Isaac Newton, Physics).

k) That, "Any organism that behaves in ways that are beneficial to its survival will evolve. Any organism that fails to change its behaviour in changing circumstances, or that behaves in ways that are detrimental to its survival, will become extinct?" (Charles Darwin, Evolution).

For me, enlightenment is Knowing that, "God can be or is a being of unconditional love, who loves us regardless of what we think do or say. God has also given us free will to do whatever we choose because, God Knows that we always reap everything we sow, and we reward and punish ourselves by the way we think and behave?" In other words, God Knows that, "Sooner or later we will learn that it is better to give love and receive love, than to take love and lose it? We will learn to love life?"

For me, enlightenment is Knowing that, the opposite of, "to Know", is, "to *believe*" and the more I Know, the less I *believe* and the more intelligent I am? The more I *believe*, the less I Know and the more ignorant and stupid I am?

For me, enlightenment is Knowing that, "The word, and "Know" "is short for Karma-now, and Karma stands for," Knowledge And Reason Means Awareness Therefore, when I am aware of the consequences of my thoughts, words and actions as I make them,

then I am aware of my Karma-now? I Know what will happen in the future, I am just unaware of when? This is real Knowledge, which is different from "knowing" that the capital of France is F?"

Wishing you a Universe full of love and Happiness,

steve molyneux

Awareness Means Everything Real Is Love

The Ameril Philosophy

Negative and Positive Thoughts and Behaviour.

In Reality we can only think and behave in either of two ways, negatively, or we can stop ourselves being negative, (which is positive) or positively? For example, if someone criticised me, I could react and behave negatively by criticising or hitting him or her, I could stop myself from behaving in a negative way, or I could behave positively by doing the opposite and praising them or giving them a hug? Obviously, because, "I always reap everything I sow," then what I do now is what will happen to me in the future?

As I can only think and behave in one of two ways I split my personality into two. I call my thoughtless, reactive, negative side, "my ego, my lower self, my subconscious mind, the loud voice within, my selfish gene, my survival instinct," depending on the context in which I am talking. I call my thoughtful, active and responsive side, "Me, myself, I, my Higher Self, my conscious mind, the little voice within, my generous gene, my living desire or my Spirit, again depending on the context of the conversation.

So, how do I know if my ego or I am controlling my mind? Well, my ego is controlling my mind when I interrupt people before they have finished speaking, when I lie, cheat, moan, sulk, criticise, use threats, punishment, violence or sex, to get what I want, to get my own way, or to get my own back? However, I control my mind when I behave in the opposite way. When I listen without interrupting, when I am honest, fair, delightful to be with, when I apologise and make up, when I praise, when I am friendly, when I use reward, affection or make love, to get what I want or to get my own way? Of course, depending on how I behave now will determine how someone will behave towards me in the future? So, it makes sense to, "Do to others what I want them to do to me?"

My ego is controlling my mind when I say, "No," I mean, *No* is about as negative as I can be?

My ego is controlling my mind when I say, "*Not, never, neither, nor, nothing, none, no one, nobody*, any word beginning with *non*, such as *non-physical* or any word ending in *n't*, such as *wouldn't, won't, can't, couldn't*. My ego uses the word "*not*," which is short for, "*No time to think*," because it is thoughtless and it can only react? For example, if I say, "*I don't mean this...*" what my ego is saying is, "*I do "no time to think" mean this and I want you to figure out what I do mean and if you get it wrong, you could be in big trouble?"* How do I know that, "*not*" is short for, "*No time to think?"*" It is quite easy really. To speak or write without using the *not* words means I have to think about what I do mean? I have to think about what I, would, will, could, or can do and it takes me longer to speak or write. Therefore it makes sense that the word "*not*," is short for, "*No time to think?"*"

There is another problem with using the word "*not*" and it is this. "God, the Universe or the Thing that sends us back our Karma, is totally loving and positive and unable to understand the word, "*No*." So, I get what I *didn't* want, I end up doing the things I said I would *not*, or would *never* do? Does this make me a liar? Also, when I get what I *didn't* want, or find myself doing the things I said I would *never* do, it causes me stress? Stress lowers my immune system and is a cause of all my pain, suffering, diseases, illnesses and eventual death. So, it makes sense to be thoughtful?

My ego controls my mind when I use the word, "*should*", "*should*" causes guilt and who wants or needs to feel guilty? I control my mind when I only offer my opinion when asked?

My ego uses the word "*believe*". If something is illogical, and /or irrational, and / or unreasonable, and / or complex and / or fails to make sense, but I still think that it is true, then I *believe* that it is true? If something is logical, rational, reasonable, simple, and it makes sense, then I Know it is true? An opposite of, "to Know," is, "to *believe*," the other opposite is to, "be ignorant?"

My ego is controlling my mind when I use the word, "*you*," instead of, "*me*". For example, if I were asked, "How do you meditate steve?" My ego may reply, "What *you* do is you put on

some chill out music, *you* sit or *you* lie somewhere comfortable...?"
Were as, if I were controlling my mind I may say, "What I do is, I
put on some chill out music and I sit or I lie somewhere
comfortable..."

My ego controls my mind when I say, "like," instead of, "love."
For example, "I like you," rather than, "I love you?"

My ego uses abbreviations, e.g. for example?

My ego prefers cooked foods to natural raw foods? "Why?"
Because, the more burnt the offering, the more free radicals the food
contains, which is what my ego needs to survive and grow?

My ego prefers manmade drugs including alcohol to natural
herbal remedies and recreational drugs?

My ego thinks and talks about the past without learning any of
the lessons, were as I think about what I want in the future, so I can
behave that way, now?

My ego blames others or circumstances were as, I know, "I can
only ever be reaping what I have sown in the past," and therefore, I
am responsible for what is happening? I either did something similar
in the past, or I thought or said I wanted it to happen, or I *didn't* want
it to happen?

Now, I reckon that if I stop myself from behaving in these and
other negative ways and think and behave in positive ways instead,
eventually everyone will behave in positive ways towards me, all of
the time? This would be like living in Heaven here on Earth?
Knowing that I can create Heaven on Earth, obviously gives me
some, "Meaning to my Life," as I make my way from darkness to
Light, from fear to Love, along my own chosen path to
Enlightenment???

Wishing you a Universe full of love and happiness,

steve molyneux

Awareness Means Everything Real Is Love

The Ameril Philosophy

One way to Create Heaven on Earth?

The theory of how to create Heaven on Earth goes like this. Karma (“I always reap everything I sow,” “What goes around comes around,” “The law of cause and effect,”) is the principle by which everything in the Universe learns to love life or evolve). Therefore, if I behave in good ways towards others, it makes me feel good and sometime in the future others will behave in good ways towards me. When they do, it makes me happy and I am quite likely to behave in a good way again and start another good cycle. The happier I am the healthier I am and the longer I will live?

Now, if I were to spend a little more time each day being a little bit happier, eventually I will be happy all of the time, which will be like living in Heaven here on Earth? If I can live in Heaven here on Earth, then heaven must be a state of mind, rather than a place? So the question is, ”What state of mind is the most heavenly?” “When I am in love?” When I am in love I am more tolerant and loving towards others, which means that sometime in the future, others will be more tolerant and loving towards me and I will become happier for more of the time?

The problem with this approach to creating Heaven on Earth is that “falling in love,” just happens to us, rather than we cause it to happen, or can we cause it to happen? Well, what do we do when we are in love? We hold hands, we give each other cuddles, hugs and kisses, (including tongues and tonsils), we make love instead of having sex and we talk and listen to each other more often. Then over time we fall out of love and stop doing all these things, or do we stop doing all these things and then fall out of love? Obviously, the easy way to find out is to start doing all these things again and see what happens? Did you Know that, when we kiss someone, our bodies release compounds called beta-endorphins that cause us to boost our immune system and make us feel happy? The month after this article was published there was an item in the Observer

(31/7/2005) that said it is our first kiss that starts puberty by releasing a protein called kisspepsin. Drug companies said this discovery could help develop drugs to block the premature onset of puberty in young children and new treatments for breast and prostate cancer. I think I would prefer to kiss my lover.

To start the experiment, I recommend that couples spend at least five minutes three times a day giving their partner hugs and kisses. Now, this theory comes with a guarantee, which is this. “If after 28 days of continuously striving to make your partner and yourself happy you have failed to notice any overall improvement in your general well being and happiness, you can stop trying to make your partner and yourself happy and have all of your indifference and misery refunded!”

I look at it this way, instead of looking for someone to make me happy for the rest of my life, I look for someone who I want to make happy for the rest of their life, and then do it? If any couples do decide to try out the 28-day experiment, I will be delighted to hear from them to see if the theory is true. After all, the theory is logical, rational, reasonable, simple, and it does make sense, so it ought to be true?

I hope you have a wonderful summer and wish you all a Universe full of love and happiness,

steve molyneux

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The Ameril Philosophy

I Used to *Believe*

I used to *believe* that, “An eye for an eye, a tooth for a tooth,” meant that, “If someone did something bad to me, then I was entitled to do something bad to them, (plus an extra 20% for hurting my feelings / in compensation / to teach them a lesson), and that would be the end of the matter. However, I now Know that this is untrue and if I retaliate in this way, I will start another bad cycle were someone will do something similar to me, including my 20%, plus they will add another 20% for their hurt feelings. Overtime this could escalate to all out war and cause me to become stressed, ill and die.

This *belief* also caused me to *believe* in; accusation, adultery, atonement, authority, bail, betrayal, blame, burglary, capital punishment, commandments, corporal punishment, crime, criminal, defence, deterrent, discipline, disobedience, discrimination, elitism, execution, fault, fines, forgiveness, fraud, guilt, hate, hypocrisy, illegal, illegitimate, imprisonment, intolerance, jail, judgement, judges, justice, killing, laws, lawyers, legal, lies, morals, murder, *not* guilty, nudity, obedience, order, people pleasing, police, politicians, prejudice, prisons, punishment, respect, retribution, revenge, sin, stealing, superiority, trust*, torture, unfair, unlicensed, vice, worship, yes sir, and zero tolerance, to name just a few. Of course, *believing* in any of these *beliefs* causes me stress, pain, suffering, diseases, illnesses and death.

*(Trust as in I trust you to do and say what I want you to do and say, rather than I trust you to do what you want or what you think is best).I also used to *believe* that, “I could do whatever I wanted, providing I *didn't* upset anyone.” But sooner or later whatever I do will upset someone. This means that I have to change the way I think and behave to accommodate others. This idea is just an excuse for making laws to “protect” us from other people’s behaviour?

However, if I tolerate and understand others, then sometime in the future others will tolerate and understand my behaviour. This enables me to do as I please without feelings of guilt or shame. In other words, if someone hurts my feelings, they are my feelings and it is up to me to be tolerant, rather than expect them to change the way they behave to make me happy. If I hurt someone's feeling, then they are their feelings and it is up to them to become more tolerant, rather than up to me to change the way I behave to avoid upsetting them. If interfere in someone's life, someone will interfere in mine. The more laws we have the less freedom we have. The fewer laws we have, the greater our freedom, and the easier it is to create Heaven on Earth?

I now Know that because, "I always reap everything I sow," then, "Regardless of whether someone does or says something good or bad to me, I can only ever be reaping what I have sown in the past, and they are sowing what they will reap in the future." So, where is the sin? What is there to forgive? I now Know that, in Reality good and bad, right and wrong are unable to exist and everything is just an experience? Understanding this has enabled me to understand what Jesus meant and why he said, "Do to others what you want them to do to you." "To love everyone as you love yourself," "To turn the other cheek." And, "The kingdom of Heaven is within us." I also now understand what Buddha meant when he said, "I am what I think I am, having become what I had thought."

I also used to *believe* that the reason I was created was to, "Go to school to learn to do as I was told by those in authority, without question (discipline?). To *believe* and learn the stuff that those in authority wanted me to *believe* and learn, so I would become an obedient (towards them) and productive and profitable (for them) member of society and to work until I dropped dead, (without becoming ill and costing them money) or until I had saved enough to retire. It appears that the purpose of our education is to turn us all into obedient little consumers, producers and savers. This *belief* benefits those in authority, who make money from us when we work, spend or save? Obviously, if I did the decent thing and died

before I retired, then those in authority could keep my pension? Unfortunately, most people also share this *belief* because this is what they do and this is what they make their children do. If they *believed* or *Knew* something different, they would behave in a different way?

I have discovered that the League of Actuaries, the people who decide the annual value of our pensions when we retire based on our lifestyle, age of retirement and other factors, have found the following. On average in Britain, if a man retires at 50, he will live until he is 82.5 years old (32.5 years of retirement). If he retires at 60, he will live until he is 72.5 years old (12.5 years of retirement) and if he retires at 65 he will live until he is 67.5 years of age (2.5 years of retirement). So, for every year I work, I will die a year earlier? Is it any surprise that those in authority want us to work for as long as possible? I now *Know* that I am here to create Heaven on Earth.

So, from where did others and I get these *beliefs*? Who are the people in authority that benefit from us *believing* these untruths, and why do they get away with continuing to enforce their *beliefs* upon us? It is probably because they are the ones who have all the wealth and power and they want to keep us in a state of fear so they can create their own material version of Heaven on Earth at our expense. They also teach us that the more we suffering we undergo on Earth the better will be our reward in Heaven, but I *Know* differently now. Do you?

Wishing you a Universe full of love and happiness,

steve molyneux

Awareness Means Everything Real Is Love

The Ameril Philosophy

Energy Saving and Renewable Energy Sources

When we burn fossil fuels, especially gas and liquid fuels as well as producing carbon dioxide we also produce free radicals. Free radicals are atoms or other chemical species that have one or more extra electrons, this makes the free radicals highly reactive and they are known to be a cause of every disease and illness known to man. Therefore it makes sense to reduce the amount of energy we consume and free radicals that we produce. This is even more important when we consider that electrons are the negative part of an atom and actually cause us to think and behave in negative ways. Often this can cause us to consume even more energy, for example, we run a bigger and better car or house that requires more energy to run.

There are many energy saving and renewable energy products on the market but some may cost more in energy to buy than they save. For example, if a renewable energy source or energy saving product such as double glazing, cavity wall insulation or solar panels costs say £1500 to buy and install and saves £75 per year, then it will take $1500 / 75 = 20$ years to pay for itself. So, what is the point, how long is the guarantee? Obviously, if the money has been borrowed, then it will take longer to recoup the investment and if energy prices continue to increase then the payback time will be shorter.

However, if an energy saving product such as radiator panels costs say £60 and saves 20% of a £300 per year heating bill, and has a 10 year guarantee, then the payback time is about a year and it will save £60 per year for 10 years, which is £600, less the initial investment of £60 = £540. This is the equivalent of an interest rate of over 17%, which is tax-free and would reduce the amount of carbon dioxide by about 6 tons as well as reducing free radical production.

Initially, the two products I want to recommend are the plug from Savawatt for reducing the energy consumption of refrigerators or freezers. Iceland have evaluated and installed this product and

several years ago the chairman claimed that they were saving their company about £1,000,000 per year. How does the plug work? When manufacturers build a refrigerator they use motors that are about 20% more powerful than is needed to ensure the reliability of their product, but once the coolant is flowing through the system the refrigerator is unable to take its foot off the throttle so the excess energy is lost through heat, noise and vibration. The Savawatt plug senses how much energy is needed and “lifts it foot off the throttle” to reduce the energy used. This will save about £12 a year for at least 10 years and about 1 ton of carbon dioxide. For more details about this product contact, www.savawatt.co.uk

The radiator panels from Thermwatch work mostly by insulating the radiator from the wall by trapping air between the panel and the wall. Up to 70% of the heat from a radiator can be lost through the wall and as the trapped air is a poor conductor of heat it reduces the heat lost. The ridges on the panels cause the warm air to accelerate into the room rather than drift up to the ceiling, this enables the heating to be turned on later and the thermostat to be reduced by one or more degrees, the combination of these affects can reduce energy consumption by about 20%. For further details about this product contact, www.thermwatch.co.uk or you could look up the home page of www.environment-2000.co.uk and see a heat sensitive photograph of the effect of their radiator panels.

There is also another product on the market which is being sold to stop hard water from scaling in pipes, boilers, showers, kettles and other appliances, which I think can be used to cause both gas and liquid fuels to burn more efficiently, by trapping the free radicals in a magnetic field. However, I would prefer to test it before I recommend it for vehicles. So, if anyone has some money to invest, a couple of vehicles to test and or / a rolling road on which to test the product, I would be very interested in talking to them. I tested a similar product fitted to a car several years ago on a rolling road and found that without the product the power output was 120 brake horse

power, with the product fitted the brake horse power increased to 140. This means I was getting more energy from the same amount of fuel, which in turn must mean better fuel economy?

Obviously, if I use less fuel to travel the same distance, I must reduce the amount of free radicals, carbon dioxide and other noxious gases that I produce? You may think that magnets are only useful for sticking things to refrigerator doors, but without magnets we would be unable to produce electricity on the scale that we do. Even if we could produce electricity on the scale that we do by some other means, the only things we could use it for would be lighting and heating, everything else that uses electricity needs magnets to make them work. Without magnets we would still be using wind, water, steam, animal and human power for transport and communication and the 20th century would have been completely different?

It makes more sense to reduce our energy consumption than continue to use more and increase pollution, disease and illness. It is worth remembering that because, “I always reap everything I sow,” then sometime in the future I must reap the free radicals I have produced? After all, it is how **I** think and behave that causes **me** to be ill or healthy rather than how others think and behave?

Although I have recommended a couple of energy saving products I am without any financial arrangements with either of the companies. I have recommended these products because I Think they are cost effective and affordable for most people, and I have bought and used them in the past.

There are many ways we can save energy, for example making things last longer, buying second hand, composting kitchen and garden waste, changing to a raw food diet means: fewer bottles, cans, jars, boxes, pots, pans, less washing up, and heat energy.

Wishing you all a Universe full of love and happiness,

steve molyneux

Awareness Means Energy Really Is Love.

The Ameril Philosophy

Conditional and Unconditional Love.

Conditional or ego love is based on conditions. Our negative ego loves others on condition that they love us, and they do and say the things we want them to do and say. If they stop loving us and doing and saying the things we want them to do and say, we stop loving them. Our ego thinks that, “If they loved us, they would do and say what we want to make us happy, rather than what they wanted.” This often happens when we have chosen someone because we want **him or her** to make **us** happy for the rest of our lives?

Unconditional love or Real love is the opposite. If I love someone unconditionally I would, “Support them fully in whatever they wanted to do, regardless of whether I *believed*, Knew or thought it was a good or bad thing to do, and I would only offer my opinion when asked. Also, if it does go all pear-shaped, then I would offer to help pick up the pieces without ever, ever, ever saying, “I told you so!”” When I love someone unconditionally, “I would love him or her whether they loved, hated or were indifferent towards me?”

A few years ago I read a description of unconditional love, (I am unable to remember the author) which went like this. “Imagine you are a man and your partner leaves you, gets pregnant and comes back and says, “It is you I want to be with, but you need to know that I am pregnant and I want you to help me bring up my child as if it were your own,” What would you say? What would you do?

Would you say, “I am sorry, but our relationship ended when you walked out the door,” or, “When you slept with him,” or, “When you got pregnant.” Or would you say, “I would be delighted to have you back, but I would be unable to bring up your child as if it were my own, because it would be a daily reminder of how you betrayed me.” Or, would you say, “I would be delighted if we got back together and I helped you bring up your child, as if it were my own?”

The author then said, “Consider this, what is the difference between meeting someone who has a child, falling in love with them and bringing up that child as if it were your own. And meeting someone who is single, falling in love with them, them getting pregnant by someone else and you bringing up that child as if it were your own? In Reality, the only difference is time and how you feel. If you loved them unconditionally, you would feel the same and you would be delighted to be with them, regardless of which way around it happened?” In this situation, we have chosen that person because we want to make **them** happy for the rest of their lives?

The god of the Old Testament who has given us freewill to do whatever it is we want, but punishes if we do something wrong, is a god of conditional love. He only loves us when we do what he wants. This is a god who has been made by man, in the image and likeness of man’s ego? *Believing* in this god gives those in authority their power and their authority to tell the rest of us how to behave.

The Real God has given us freewill to do whatever we want without fear of punishment, because She Knows that, “We always reap everything we sow.” Therefore She Knows that, “We reward and punish ourselves by the way we think and behave, and sooner or later we will learn that it is better to give love and receive love, than to take love and lose love?” She also Knows that this is natural “justice” and if we punish others for hurting our feeling or those of others, then we will be punished? This is a God of unconditional love and our Spirit has been created in her love and form.

In Reality, if someone hurts my feeling, they are my feelings and I have to become more tolerant towards them, rather than expect others to change the way they behave to make me happy. On the other hand, if I hurt someone else’s feelings, they are their feelings and it is up to them to become more tolerant towards me, rather than expect me to change the way I behave to make them happy. Of course, because I always reap everything I sow, I have to behave this way first, I have to plant the seed before I can benefit from the harvest?

So, the more I love others unconditionally, the more I evolve my Generous gene and living desire at the expense of my selfish gene and survival instinct, and I grow to become more Godlike. As we are all children of God, then it is hardly surprising that we become more Godlike as we grow from being a “child” of God to an “adult” child of God? Obviously, the more Godlike I become, the easier it is to create Heaven on Earth. As I become more Godlike, so I become able to create my own Universe, just as God did. However, I have already been creating my Universe by my past negative and thoughtless reactions and my positive and Thoughtful actions and responses. If I thoughtlessly react to situations, I create hell on Earth for myself. If I Thoughtfully respond to situations and act to create new positive cycles I create Heaven on Earth for myself? Surely Knowing this must give me a good reason to learn to love unconditionally and give me a, “Meaning to my Life?”

Wishing you a Universe full of love and happiness,

steve molyneux

Awareness Means Everything Real Is Love.

The Ameril Philosophy

Free Radicals and Behaviour

According to Susan Greenfield in her book, “The Human Brain,” that if we were to look at a slice of human brain tissue under a light microscope, it would be like looking at grey butter or custard. The image would be without any shapes or forms. However, if the slice of human brain tissue is stained in a silver nitrate solution, the light sensitive chemical used for staining photographs, only between 1% - 10% of the cells are stained. This suggests that these cells have been exposed to light and the others have been kept in the dark? These light cells are connected together via low resistance gaps, which enable the messages to be sent from cell to cell and around our brain and body. Although these cells can only send one message at a time, they can increase the frequency at which they send their messages.

The cells that have been kept in the dark can be seen after they have been coated in an electron-blocking agent and viewed under an electron microscope. This shows that these cells are separated from each other by the synaptic gap (the gap between the cells). These cells use electrons (the negative part of an atom) to send their negative thoughts and messages around our brain and body. When a chloride ion (from table salt) enters the cell, it causes the inside of the cell to be more negative than the outside. The cell then releases one or more electron messages to a waiting neurotransmitter. This takes the electron(s) across the synaptic gap and docks at a particular site on the target cell and deposits the electrons. These then enter the cell and cause the inside to become more negative than the outside and release one or more electrons to another waiting neurotransmitter, and so the negative electron message is passed around our brain and body in this way.

Some cells can store a number of negative messages and then suddenly release and direct them at a particular target cell. This enables the negative system to increase both the duration and the

intensity of the action, especially if a number of cells direct their messages to one target cell. Although the negative system is more energy expensive, scientists *believe* that the advantages of the increase in duration and intensity of the action is of greater benefit to us in our evolution, than the light system. However, the electron system sounds to me like someone building up stress and then releasing it in a torrent of verbal or physical abuse. I mean, how often do we have an outbreak of peace, calm and tranquillity?

So, if the above makes sense, then to reduce our negative thoughts and behaviour, it seems that we need to reduce the amount of chloride in our diet and the number of electrons in our brain cells, but where do the electrons come from? They come from the free radicals that we ingest from the atmosphere and our foods and drinks. The free radicals in the atmosphere come from the exhaust gases from burning fossil fuels, for example, gas, petrol, diesel, kerosene and oil. Free radicals are also produced in explosions from bombs, bullets and fireworks.....and exercise. The latter seems to be good news for the inactive?

The free radicals that appear in our foods can come from the atmosphere or from cooked foods. The higher the temperature and the longer the food has been cooked (or the more burnt the offering) the more free radicals it contains and the more carcinogenic the food. Scientists seem to *believe* that, because man has been eating cooked foods for thousands of years, our bodies must have developed ways of dealing with them. However, humans are the only animals that fail to live to seven times its age of maturity (140 years) without getting ill and just dying of old age. Food cooked at high temperatures contains the same and similar compounds to those found in cigarette smoke where they are considered toxic, but in food they are supposed to be benign. Uh! So, why are cancers of the stomach and bowel two of the biggest types of cancer? Humans are also the only animals that cook food and add salt to it.

To reduce the effect of free radicals we can eat fruit, which are high in compounds called, “antioxidants”. Antioxidants, especially vitamin C, collect the free radicals and we then literally, piss them

away. It is interesting to think that the main foods we used to eat, before we discovered how to make a fire (the Tree of Knowledge) and consume the “Fruit from the Tree of Knowledge,” (cooked meat), we probably ate fruit? It is funny how we have been taught that cooked food especially meat is better for us than raw foods, when it appears that the opposite is true?

When we eat raw food we release chemicals (enzymes) in the fruit that convert the starches into the sugars our bodies need to keep us alive. The water-soluble sugars can then pass through the gut wall into our blood, without our bodies needing energy to break down the food. Because cooked food is unnatural (it has undergone a chemical reaction) and dead, our bodies have to break down the food by an energy expensive process called, “acid hydrolysis.” The acid our body uses is hydrochloric acid, the chloride coming from salt. This is why our stomach is the second most energy-consuming organ after our brain and probably accounts for why we feel sleepy after a large meal of cooked food?

Now, I reckon if I reduce the amount of chloride ions in my body and the free radicals that I produce and ingest, and increase the amount of fruit and other raw food in my diet, I ought to reduce my negativity and become more positive thoughtful, happier and healthier? After all, “I always reap everything I sow,” and of course, if I were happy all of the time, it would be like living in Heaven here on Earth.

Is all this true? Well, the only way to find out is to do your own research and Think about it.

Wishing you a Universe full of love and happiness,

steve molyneux

Awareness Means Everything Real Is Love.

The Ameril Philosophy

An Easter Message.

According to the Christian religions, when Christ died on the cross, He took away all the sin in the world. Now, if this is true, then I am unable to commit a crime, I am unable to be good or bad, right or wrong, judge or be judged, forgive or be forgiven? It means that I am unable to *believe* in law and order or the Ten Commandments?

My ego screamed at me to say, “Of course we must sin, we *can't* live without law and order, other people would just do as they please. They would steal, murder, rape and take advantage of the poor, weak and defenceless. It would be the survival of the strongest and fittest!” But, surely that is what is going on today anyway, with all of our laws and punishments?

On the other hand, I Know, “I always reap everything I sow.” Therefore, I am unable to ever, ever get away with anything, regardless of how minor, mundane, major, horrendous or brilliant. Because I Know that this is true, why would I want to steal, murder, rape and take advantage of the poor, weak and defenceless, if sometime in the future someone will do something similar to me?

My ego screamed that, “It is other people who would commit these crimes and *you* could be used and abused.” But, as I can only ever reap what I have sown in the past, then I will always get what I deserve, and regardless of how many laws are made or how severe the punishment, this is what will happen. My ego *believes* in the Old Testament, which says, “If someone does something bad to you, then you are entitled to do something bad to him or her and that will be the end of the matter.” However, if I punish someone for hurting my egos feelings, then I will be punished for hurting someone's feelings and so the cycles will continue, until after I stop behaving in negative ways.

I then found that negative things continued to happen to me, but then I realised that I was just reaping the stuff I had sown before I stopped behaving in negative ways. Sometimes it seemed as though I

was reaping lots of negative Karma and the principle of Karma was untrue. Then it dawned on me that what was happening was I had become aware of how negative I had been in the past.

Over time, as I have reduced my negative behaviour, so the amount of negative stuff coming around has reduced. As I have increased my positive behaviour, more positive stuff has started to come around, which makes me happy. So, if I continue to increase my positive behaviour, then eventually I will be happy all of the time and living in Heaven here on Earth. This is why Jesus said, “The kingdom of Heaven lies within us.” It is why Mahatma Ghandi said, “I have to become the change I want to see.”

In Reality, the reasons why laws are made are to protect the rich from the poor and to make money. What do I mean? For example, if a business employs 100,000 people and makes a billion pounds in profit, then on average each employee has earned enough money to pay their wages and employers national insurance contributions, as well as covering the costs of the premises, machinery, utility bills, and other costs, and made an extra £10,000 each, which the shareholders get. This is called business. If an employee thinks, “I have earned the company £10,000 which they have stolen from me,” and they put their hand in the till to take it back, then this is called stealing? I am unable to see the difference. Either the company has short-changed their employees, or over charged their customers for its products and services? Either way, the shareholders have taken money from other people and sometime in the future others will take money from them.

For example, a law against drinking and driving to prevent accidents is really a law to try to prevent people from receiving their Karma, and who benefits financially from this law. The main beneficiaries seem to be the lawyers, the people who run the prisons and the people who make breathalyser equipment?

Laws are walls to our freedom and the more laws we have, the more crimes we can commit and the less freedom we have. Bearing in mind that, “Ignorance of the law is *no* defence,” can anyone tell me, “What are the 700 new laws that the present government has

introduced and what they all mean?” I doubt it. So, what is the point in making laws that very few people are aware of?

So does this article make sense, is it true that the world is without sin as Jesus taught, or does the teaching of Moses and his successors make sense and is true? Well, the only way I could Know that what Jesus taught is true for me, was by Thinking about it. So, I suggest that if you want to Know the truth, then you will probably have to Think about it as well. I can only tell you what I have learned and Know, it is up to you to Think about what others and I have said, and come to your own conclusions.

Wishing you a Universe full of love and happiness

steve molyneux

Awareness Means Everything Real Is Love

The Ameril Philosophy

Gnostics and Gnosticism

Gnosis is the Greek word for Knowledge and “Gnostics” describes people who want to Know the truth, rather than *believe* any old rubbish that those in authority tell us. Although there were a number of different groups who called themselves Gnostics, in the same way as there are a number of groups who call themselves “Christians”, most or all of them seemed to agree with a number of ideas and principles.

Firstly, they all agreed that Salvation, Enlightenment, the Kingdom of Heaven, Nirvana or whatever, could only be found through Knowledge, rather than *belief*. This could be described as Knowledge of the Truth, or Knowledge of our True selves, our purpose in life, the true God, and / or the Universe and how it works.

Secondly, they all agreed that the god of the Old Testament, YHWH or Yahweh was a lower god of evil and chaos. They considered that this god was the cause of all our pain, suffering and misery. This was a masculine god of ego and financial, material and physical wealth and security, who was responsible for all the wars, droughts, famines, plagues, earthquakes, floods and other manmade and natural disasters. In other words, they Knew that he is evil and those who worship this god, were in fact unknowingly worshipping the devil. Also those who obeyed his laws and commandments, and who judged themselves and others, and punished them according to his laws and commandments were carrying out the wishes of the devil.

I understand what the Gnostics mean, because I Know, “I always reap everything I sow,” and if I were to think and behave in these ways then, sometime in the future, that is how others will behave towards me. Obviously, when this happens to me it makes me stressed, which lowers my immune system and causes me to become depressed, ill and die. So, if I Know, “I always reap

everything I sow,” why would I want to think and behave in his “devilish” ways?

So to me, the Knowledge that, “I always reap everything I sow,” is some of the Knowledge I need to get and keep me on the path to Heaven? I also Know that the *belief* in this god is a cause of many of the laws that have been produced by man since this story was made up and preached to the Hebrews by Moses and his Chaldean associates.

The Torah or the first five books of the Old Testament, were made up by Moses to frighten the Hebrews into doing as they were told on the basis that, Moses was only carrying out the commandments of god. Also, if Moses failed to carry out the commandments and punishments that god had ordered then he would break the agreement he had made with god and god would destroy all of mankind. Therefore, Moses could say he was only doing as god had commanded for the benefit of mankind and anyway, who was Moses to question the wisdom and knowledge of god? It is after all, the first commandment. A very clever and highly effective story on how to control billions of people through fear of criticism, threats, intimidation, punishment, violence, exile, persecution and death, and how through diet to keep them in this thoughtless and fearful state.

In the heretical Gospel of Judas (translated by Rudolphe Kasser, Marvin Meyer and Gregory Wurst) Jesus tells Judas that the twelve apostles will unknowingly lead people astray, because the apostles have failed to understand that when Jesus talks about God, he is referring to a higher being than the god of the Old Testament. To me this is obvious. If an all powerful God who allegedly knows everything, gives us ten commandments to obey, why are there thousands of laws, all of which restrict, rather than increase our freedom? The more laws there are, the more crimes we can commit, for which we can be fined and / or imprisoned.

Apparently it costs £35,000 to keep a person in prison for a year and we in Britain have the greatest prison population in the world after America. Some people say that a sign of a civilised society is

how few people they have in prison therefore America and Britain are the two most uncivilised countries in the world. So, what are our leaders doing about this situation? Well, they are still continuing to make more laws, build more prisons, and they ask us to inform on others who we *believe* to be bad, and who pays for this stupidity, the taxpayer of course. Who benefits from this stupidity? Apart from protecting the wealthy from the poor, it gives all those involved in the judicial system, authority, power, status, a job and an income?

Because I always reap everything I sow, then regardless of whether someone says or does something “good” or bad” to me, I can only ever be reaping what I have sown in the past, and they are sowing what they will reap in the future. So, where is the crime, what is there to be guilty of or to forgive? If I were to inform on others, judge them, find them guilty and punish them, then I Know what will happen to me in the future. Also, one seed can produce many fruit and I may find that I reap what I have sown, multiplied. This is great if I have sown a positive and loving seed, but if I have sown a negative and fearful seed, then I may become a bit stressed.

The Gnostics say I can only achieve salvation through Knowledge and so far, the only way I have found to increase my Knowledge is to question everything. Does it make sense? How and why does it make sense? If something fails to make sense, how and why does it fail to make sense? What other evidence is there to suggest it is true or untrue? Only by asking these questions and Thinking about them in a logical, rational and reasonable way can I determine what is Knowledge and what is just a thoughtless *belief*. Knowledge keeps me on the path to Heaven and happiness, *beliefs* keep me on the packed highway to hell, disease, illness and death. What do you Think? Feel free to let me Know.

Wishing you a Universe full of love and happiness,

steve molyneux

Awareness Means Everything Real Is Love.

The Ameril Philosophy

A Christmas Message

Now that the children have gone back to school to be disciplined into becoming gullible and obedient, consumers, producers and savers for the benefit of the elite, the economic system is turning its attention to its greatest marketing opportunity, Christmas. Christmas is supposed to be a festival to celebrate the birth of one of the greatest spiritual philosophers and teachers that has ever lived. So, if He were alive today, what would He think of our celebrations?

Firstly, I doubt that He would approve of killing trees to produce the paper for Christmas cards. Especially as paper production is one of the greatest polluting industries and the cards then have to be transported to the shops, homes and their final destination, causing even more pollution.

Secondly, I doubt if He would be happy about killing trees to decorate with lights that cause even more pollution.

Thirdly, according to the Essene Gospels of Peace, Book 1 (www.thenazareneway.com) Jesus was a raw food vegetarian who came to earth to stop the bloody animal sacrifices and the eating of meat. He described the diseases and illnesses that eating meat would cause. For example, he said, “For I tell you truly, he who kills, kills himself and whoso ever eats the flesh of slain beasts eats the body of death. For in his blood every drop of their blood turns to poison, in his breath their breath to stink, in his flesh their flesh to boils, in his bones their bones to chalk, in his bowels their bowels to decay, in his eyes their eyes to scales, in his ears their ears to waxy issue. And their death will become his death.” (Is He saying that eating meat causes osteoporosis, bowel cancer and short sightedness?)

Fourthly, Jesus also taught that alcohol poisoned our minds and prevents us from seeing the true reality and understanding His message. In this instance the message is either, “A healthy mind

means a healthy body,” or, “A healthy body, means a healthy mind.” As alcohol is a depressant and only pleases our egos by preventing us from accessing our positive loving and spiritual side, how can it make us spiritually happy?

If I have a healthy mind, I am more able to see the bigger picture. I am more able to see that, “I always reap everything I sow.” That, “I create my own Reality by the way I think and behave.” That it makes sense to, ”Do to others what I want them to do to me” That it makes sense to, “Love every one as I love myself.” But while my mind is poisoned by the food and drinks I consume, it is more difficult to see these things through the scales that are over my eyes?

Finally, I seem to remember that He said, “Sell everything you own, give the proceeds to the poor and follow me.” This seems to be very different from only spending money on presents for those you love and care about? Bearing in mind that a substantial proportion of the presents will be broken and in the bin, along with all the wrapping paper and packaging by the end of the week, it does seem to be a pointless and stupid exercise. It seems even more stupid when one considers the following.

If a present costs £200, then I would need to earn £300 to take home the £200 I need for the present. If I earn £10 per hour, it means I have to spend 30 hours or nearly 4 days at work to earn the money for the present. If I only earn £6 per hour, I would have to work for 50 hours, or more than a week to earn the money. Is it worth it?

Have you ever thought about it this way before? I doubt it. But, it does go to show how effective our education system is at producing gullible and obedient, consumers, producers and savers?

Prince Charles recently said, “When he was at Gordonstoun (a public school) he was taught to use his initiative and to lead.” That is funny I thought, because I went to a catholic grammar school where I was taught to do as I was told by those in authority without question. Maybe I was supposed to be just another brick in the wall? What about you? Are you just another brick in the wall who, goes along with whatever the elite tell you to do? Are you going to spend Christmas in the same old way, making the elite more rich, or are

you going to do something different, less stressful, polluting and more Spiritual?

Wishing you a Universe full of love and happiness,

steve molyneux

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Other Recommended Reading.

Celestine Vision, by James Redfield.

The Path To Love, By Deepak Chopra.

Jonathon Livingstone Seagull by Richard Bach.

Spiritual Growth by Sanaya Roman.

Awareness Means Everything Real Is Love

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steve molyneux

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